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**ABSTRACT OF THE DISCLOSURE**

An article of footwear, in particular for climbing, having a flexible upper provided with a tightening arrangement and an outer sole, with the upper having a molded heel stiffener. The assembly method includes:

- assembling the upper to an insole;
- pressing and gluing to the upper a molded heel stiffener;
- pressing and gluing to the front of the upper a front protective strip;
- pressing and gluing to the rear of the upper a strap overlapping the heel stiffener and the front protective strip;
- pressing and gluing the outer sole.